Welcome to the Heart Disease and Stroke Prevention Program Materials Ordering Form

To order **FREE** materials, complete steps one and two below and follow the directions to place an order that are listed on the last page.

Step 1: Please enter the quantity wanted for each item listed below.

Maximum quantity available for most items is 50; however, if you need a larger quantity, please call 1.800.280.5512 (North Dakota only) and press 4 for assistance.

NOTE: All orders dependent on current supply inventory.

Quantity	Resource	To View	Description				
	Heart Attack						
	Are You at Risk of a Heart Attack? (Education Sheet)	Preview	This education sheet provides a quick, convenient way to assess one's risk of heart attack and determine where to focus efforts to reduce risk. (1 page, 8.5 x 11)				
	Common Warning Signs of Heart Attack (Poster)	Preview	This poster provides a quick, convenient way to post the common warning signs of heart attack. It also includes the Change of Survival model – call 9-1-1; CPR; early use of an AED; and rapid delivery of the right care. (1 page, 8.5 x 11 cardstock)				
			Sodium				
	Be Salt Smart for a Healthy Heart! (Palm Card)	Preview	This palm card reminds people why too much salt is harmful and also lists tips for lowering sodium for shopping, cooking and eating out. (3.5 x 8.5)				
	Be Salt Smart for a Healthy Heart! (Poster)	Preview	This poster provides a quick reminder that too much salt can lead to heart attack and stroke and reminds us to compare food labels and choose less sodium. (1 page, 8.5 x 11 cardstock)				
	Recommended Sodium Levels (Magnet)	Preview	This magnet provides a quick way to check to see if the amount of sodium per serving falls within a healthy range. It also states the suggested national guidelines for daily sodium intake. (3.75 x 4.5)				
	Recommended Sodium Levels (Wallet Card)	Preview	This two-sided wallet card provides a quick and convenient way to check to see if the amount of sodium per serving falls within a healthy range. It also states the suggested national guidelines for daily sodium intake.				
	Salt and Sodium (Education Sheet)	Preview	This education sheet includes 10 tips to help you cut back on sodium (salt) in your diet. (single-sided, 8.5 x 11)				
	Stroke						
	Act FAST and Save a Life! (Magnet)	Preview	This magnet reminds people that stroke is a medical emergency. It also lists the importance of calling 9-1-1 right away if you think someone is having a stroke. (3.75 x 4.5)				
	Act FAST and Save a Life! (Poster)	Preview	This poster provides a quick, convenient message that reminds people that stroke is a medical emergency and the importance of calling 9-1-1 right away. (1 page, 8.5 x 11 cardstock)				



F.A.S-T test (Poster)		Г	ı	m1 ' 1 ' 1 ' 1 ' 1 ' 1 ' 1 ' 1 ' 1 ' 1 '
Preview Symptoms. (page, 8.5 x 11 cardstock) Think F-A-S-T (Magnet)				This poster provides a quick, convenient way to learn
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	Tips for Eating Out (Pamphlet)	Preview	This leaflet is an excellent tool for heart-healthy dining! It provides ordering ideas for a variety of food categories such as Chinese, Family Style, Fast Food, Italian, Mexican, Steakhouse, Vegetarian and many more. (24 pages, 4 x 8.5)
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Step 2: Please complete the following contact and event information. Items with an asterisk (*) are required.

First Name*				
Last Name*				
Organization Name				
Street Address*				
City*				
State*				
Zip Code*				
E-mail*				
Daytime Phone*				
Date Materials Needed*				
Purpose*	☐ Community Event ☐ Health Fair ☐ Other (Please specify):	☐ Education ☐ Training		
Setting*	☐ Community ☐ Worksite ☐ Other (Please specify):	☐ Health Care ☐ Schools		
Intended Audience*	☐ General Public ☐ Parents ☐ Staff ☐ Other (Please specify):	☐ Older Adults ☐ Providers ☐ Students		
o place an order:	· · · · · ·			
Print Form and Fax to:	Print Form and Mail to: Heart Disease & Stroke Prevention Program			

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701.328.2036 Attention: Heart Disease & Stroke

Prevention Program

OR

Division of Chronic Disease North Dakota Department of Health 600 E. Boulevard Ave., Dept. 301 Bismarck, ND 58505-0200

You can also call your order in to the North Dakota Heart Disease and Stroke Prevention Program at 1.800.280.5512 (North Dakota only), press 4 for assistance.



